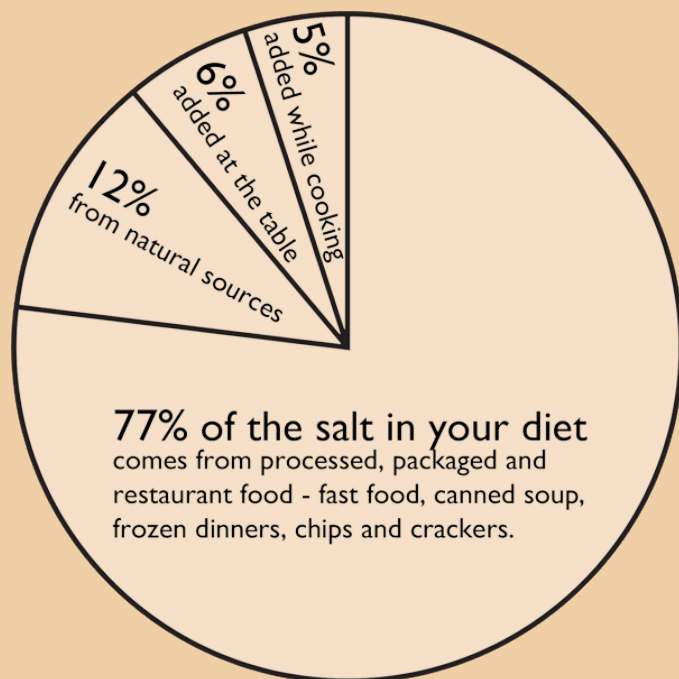


SHAKE THE SALT HABIT

The average person consumes about 3,500 milligrams of sodium a day.

African-Americans, people 51 and older and anyone with high blood pressure or diabetes should have **no more than 1,500 mg** of sodium a day. The recommendation for everyone else is less than 2,300 mg, or about 1 teaspoon, of salt a day.



The Main Sources of Sodium in Our Diet

Foods with less than 140 mg sodium per serving can be labeled as low-sodium foods. Check the daily value on the Nutrition Facts panel. Try to find items that have 5% or less of the daily value for sodium.

What can you do to avoid excess salt?

- ◆ Check Nutrition Facts panels on packages to find lower-sodium foods.
- ◆ Eat more fresh foods prepared from scratch.
- ◆ Fill up on fruits, vegetables and cooked dry beans.
- ◆ Keep salt off the dinner table and kitchen counter.
- ◆ Look for foods labeled “low sodium”, “reduced sodium” and “no salt added.”
- ◆ Rinse high sodium canned foods such as beans, vegetables and tuna fish in a colander under running water. The sodium can be reduced by 40%.
- ◆ Omit salt in recipes such as soup, rice dishes and casseroles.
- ◆ Don’t salt the water before cooking potatoes, pasta or vegetables.
- ◆ Try lemon juice or lime juice on salads instead of dressing.

Sodium in one meal adds up:

½ cup canned green beans	380 mg sodium
1 cup seasoned rice from box	760 mg
5 wheat crackers	160 mg
2 hot dogs	1220 mg
2 tablespoons barbeque sauce	<u>250 mg</u>
	2770 mg total



Foods High in Sodium

Canned vegetables, soups, chili, and tomatoes

Boxed rice and pasta mixes

Onion or garlic salt

Frozen dinners

Salty chips

Cured meats such as bacon, sausage, hot dogs and luncheon meats

Bread, crackers and cereals

Salad dressings, ketchup, mustard, relish

Instead, try

canned foods with no-salt added or use fresh items

plain rice or pasta and add herbs and spices

onion or garlic powder

frozen veggies with fresh meat and plain rice

unsalted chips or scrape off the visible salt

fresh or canned chicken, fish or no-salt added peanut butter

lower salt varieties or unsalted tops

lemon juice, vinegar, zest or fresh herbs



This material was funded by USDA's Supplemental Nutrition Assistance Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services.

USDA is an equal opportunity employer and provider. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.